

THE JURY DUTY EXPERIENCE



Thank you for serving your community. Being on a jury is a rewarding experience which in some cases may be quite

demanding. You were asked to listen to testimony and to examine facts and evidence. Coming to decisions is often not easy, but your participation is important.

Serving on a jury is not a common experience and may cause some jurors to have temporary symptoms of distress.

This information provides ways to cope with symptoms of distress. Not everyone feels anxiety or increased stress after jury duty. It may, however, be helpful to be aware of the symptoms *if* they arise.

Some temporary signs of distress following jury duty may include: anxiety, sleep or appetite changes, moodiness, physical problems, (e.g. headaches, stomach aches, no energy), second guessing the outcome, feeling guilty, fear, trouble dealing with issues or topics related to the case, a desire to be by yourself, or decreased concentration or memory problems.

Symptoms may come and go, but will eventually go away. To help yourself, it is important to admit any symptoms you may have and deal with any unpleasant reactions.

COPING TECHNIQUES AFTER SERVING ON A JURY

- Talk to family members and friends about what is happening to you. One of the best ways to put your jury experience in perspective is to discuss your feelings and reactions with loved ones and friends. You may also want to talk with your family physician or a member of the clergy.
- Stick to your normal, daily routine. It is important to return to your normal schedule. Don't isolate yourself.
- Before you leave the court, you may wish to get the names and numbers of at least two of your fellow jurors. Sometimes it is helpful to talk to people who went through the experience with you. This can help you to remember that you were part of the group (jury) and are not alone.
- Remember that you are having normal responses to an unusual experience.



- You can deal with signs of distress by cutting down on alcohol, caffeine, and nicotine. These substances can increase anxiety, fatigue and make sleep problems worse.

- Relaxing with deep breathing:

Breathe in slowly through your nose. Breathe out through your mouth. Slow your thoughts down and think about a relaxing scene. Continue deep breathing until you feel more relaxed.

- Coping with sleep problems:

Increase your daily exercise, but do not exercise just before bedtime. Decrease your caffeine consumption, especially in the afternoon or evening. Do "boring" activities before bedtime. Listen to relaxation tapes or relaxing music before bedtime.

FINAL THOUGHTS

Jury service is the responsibility of good citizens. No matter what others think about the verdict, your opinion is the only one that matters.

Sometimes it takes a lot of courage to serve on a jury. Some cases are difficult to sit through because of the nature of the case. When the trial is over, it is important for you to get on with your life.

Thank you for your service.
WE APPRECIATE YOU



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CALLED TO SERVE

Coping with Jury Duty

